Lesson 5: Burdens Lifted

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not "lecture" to them.)

- Jesus carries our burdens and sorrows, find rest

1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) **Review** the previous lesson.

- **Individually**
  - Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
  - Review the previous lesson's **memory verse(s).**
  - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
  - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**
  - Share your group's **top 3 principles** from the previous lesson.
  - Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) **Discovery Bible Study (DBS): Isaiah 53:4 and Matthew 11:28-30 (Jesus carries our burdens and sorrows, find rest)**

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the verses being read aloud on an audio device 2-3 times. Then ask someone to retell the passage, as completely as possible, in their own words. Ask the group to contribute anything missed. Fill in gaps as needed.

Pray as a group and ask God to speak through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about God carrying our burdens, griefs and sorrows?
- How might this apply to rejection, suffering, loss and other painful experiences?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) **Follow-up Activities.**
   - **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
   - **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
   - **Ask** God to show you any burdens you're presently carrying. Invite Him to carry your burdens and ask Him to help you release them to Him.
   - **Share** your burdens with one another in small groups. **Use Wholeness Prayer principles** to pray for one another, regarding any painful emotions or experiences. Follow the principles in "Facilitating a Time of Wholeness Prayer".
   - **Clarify** the next meeting time and any pre-work to be completed beforehand.
   - **Pre-work** for next lesson:
     - **Memorize**: Isaiah 53:4 and Matthew 11:28-30 (And review previous verses.)
     - **Pray:** Read and meditate on [the first DBS scriptures from the next module to study].
     - **Share**: Share with others what you are learning and pray for them.
     - **Practice**: Thank God that He carries our burdens, griefs and sorrows. Ask Him to show you any burdens you're carrying as the result of painful experiences. You may want to ask someone to help you pray through these experiences using Wholeness Prayer principles.

6) **Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.